

AT THE CAMERON

Due to public health guidance around COVID and its variants, Cameron programs may be changed, postponed or cancelled at any time. If changes should occur your COA staff will notify you as soon as possible. **Thanks for your understanding!**

INCLEMENT WEATHER POLICY The Cameron follows the same inclement weather procedures as Town Hall. To find updated weather information please go to <https://westfordma.gov> or call the center at 978-692-5523 after 6:30am to receive current information.

VALENTINE LUNCHEON

Friday, February 10, 12pm

Please join us for the sixth annual Valentine Luncheon With Musical Performance By Matt York. Bring your sweetheart, spouse, best friend, or anyone who makes you smile! As in past years, this event will be held at Fellowship Hall at First Parish Church, 48 Main St.

The festive menu will include apple and feta cheese salad, stuffed green peppers, and rolls prepared by the Elegant Chef program at Nashoba Valley Technical High School and chocolate specialty dessert made by Rivercourt Residences.

Event Sponsors: Friends of the Cameron Senior Center, Rivercourt Residences, Alcorn & Owens, PLLC, Westford Rotary Club.

A special thank you to Westford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council for providing the musical performance of Matt York, Johnny Cash Songs and Stories. RSVP early to 978.692.5523. Cost for Friends Members is \$7; others are \$12.



DINNER with DONNA & Dancing with DJ

Tuesday, February 28, 5pm

Donna will be serving both a vegan and meat chili with cornbread and dessert from 5:00 to 5:45. Dancing with local DJ Jon Mansfield will be from 6:00 to 7:30. The cost for the meal and dancing is only \$5.00. IF you would like to just come at 6:00 for the music and dancing the cost is \$3.00. Be sure to call and sign up quickly, as dinner slots fill fast, 978.692.5523. **Thank you to the Friends of the Cameron and the Food Pantry for subsidizing the costs for this event.**



WELCOME IN THE NEW YEAR TOGETHER

Tuesday, January 10, 12pm

Join us for a New Year's Lunch! Donna Dutton will be preparing traditional ham, potatoes, and her broccoli salad for us to enjoy as we celebrate the start of 2023! Joining us will be Sustainable Sue Thomas for a meet and greet and to talk about some New Year's resolutions. Cost is \$5. RSVP at 978.692.5523



COME ONE! COME ALL! MEET THE MUSIC MAKERS

Friday, January 27 at 12:30pm

We will have music, trivia, and lunch! We hope that you can attend. We will look forward to seeing you. If you enjoy making music with others and can carry a tune, drop in on Fridays at 9:00a.m. and try it. Sign up at 978.692.5523.



LUNCH AND LEARN

Wednesday, February 1, 12pm

Come meet Westford's new Sustainability Coordinator, Susan Thomas, also known as "Sustainable Sue". She will talk about the plans to help Westford become a more sustainable community.

Don't forget to RSVP to 978.692.5523.



PAINT & SIP SMOOTHIES WITH PAULA MINGOLELLI

Tuesday, January 17 4:30pm -7pm

Join us for a paint and sip night the Cameron, drinking smoothies from Pure Food & Juice. A night out to relax, paint glass vases, and enjoy beverages with your peers. Supplies will be provided, and the cost is \$40. Sign up at 978.692.5523.



GAME NIGHTS

Thursdays, January 5 and February 2, 4:30pm

Join us for a fun time playing the classic dice game Yahtzee in January and the newer easy dice game Bunco in February. The cost is \$3.00 for a light meal i.e. pizza. Please sign up in advance for planning purposes, 978.692.5523. **Thank you to the Friends of the Cameron for subsidizing costs.**



ANNUAL TOWN MEETING

Saturday, March 25 10am at the WA gymnasium. If you need transportation, please call Robert Rafferty, Transportation Dispatcher at 978-399-2322. Please provide at least 48-hour notice.



Director's Report ...

My heart is full!

I am always so moved by the generosity of Westford residents, but never more so than during the holiday season. The seniors of Westford benefit greatly from this generosity. There are so many to thank, including those who give their time and energy year round to make Westford a welcoming community.

Thank you!

Jennifer

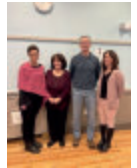


To the Westford Police Department— Our sincere appreciation goes out to **Sergeant Greg Marchand** and the officers who have delivered heavy buckets of sand to local seniors. Many residents now feel more prepared for the icy, snowy days that lie ahead. Thank you so much!

To **Edna MacNeil** and **Shirlee Plourde** for serving the Walk for the Poor participants who raised money for the local food pantry. Thank you also to all the walkers!

We are immensely grateful for our partnership with Gaining Ground of Concord. The farm provided Westford residents **5,469 pounds** of fresh, organic vegetables between May and November.

Coldwell Banker Realty's generous donation to The Friends of the Cameron Emergency Assistance Fund will be used to assist older adults who are experiencing financial hardship situations. Pictured- L-R Town Social Worker Alison Christopher, Realtor Kathryn Cunningham, Friends of the Cameron Treasurer Kevin McGuire, and Outreach Coordinator Jen Beale.



Jim Geraghty's Family and Friends Annual Thanksgiving Dinner drew a record-breaking 220 attendees. The Cameron would like to thank Jim for this generous event that began with Bingo and prizes, followed by Thanksgiving dinner. The delicious plated meal prepared by WA cafeteria staff was served by many community volunteers. It was a wonderful occasion and our senior community is most grateful.

Representative Jim Arciero secures needed funding for WIFI Connectivity Project

The COA and Westford Housing Authority were delighted to learn that a legislative earmark has been granted to provide very basic WIFI connectivity for each of our housing communities that are managed by the WHA. Rep. Jim Arciero was joined by Town manager, **Jodi Ross**, local leadership, WHA Resident's Committee Members, COA and Friends of the Cameron Board Members.



Special thanks to our Transportation Team

For the last three months, while being short drivers, our transportation team led by **Robert Rafferty**, Transportation Dispatcher, Lisa Nee, Administrative Coordinator, Ed Jarvis, Robert France, Steve Ducharme, John Lasna, Robert Benoit, Paul Davis and Pam Rovendro have provided record high ridership. In August- 856 rides, September- 708 rides and October- 635 rides. We are grateful for their commitment and concern for ensuring our more vulnerable residents can get to medical appointments, shopping, senior center, post office, bank and other necessities that help ensure their optimal quality of life. Also, several drivers agreed to help with the many special holiday events that fall outside our normal working hours. This level of ridership and limited driver pool shows how fortunate we are to have a wonderful, reliable, and ridership-friendly transportation service for our community.

The annual Ham and Bean Dinner was a big success! On behalf of the Cameron, we would like to thank the **Westford Firefighters Association**, **American Legion Post 159** and the **Franco-American Club** for providing a delicious, homestyle ham and bean dinner meals for over 100 seniors. Music, ham bones and door prizes were also very much appreciated.

Thank you to **Claire France** for her exceptional planning of the annual Holiday Luncheon at the Westford Regency. Thanks also to the **Upbeats Band** and the **Honors Chorus of Westford Academy** for providing wonderful music for our attendees. As always, it was a wonderful and elegant luncheon!

Health and Wellness Offerings

Fitness Classes

A special thanks to the Friends of the Cameron for helping to subsidize our fitness classes

Drop-ins are not allowed for most classes. Please check with Katie for clarification if needed. If you sign up for a class, you must pay for the full session.

TAI CHI

Mondays at 1pm

Eight week session beginning January 9

Join Lesley Mathews for a Tai Chi class at the Cameron. Cost for Westford residents is \$24 for the session; others pay \$40. Sign up at 978.692.5523.



BONE BUILDERS

Mondays and Wednesdays 9:30-10:30am

Tuesdays and Thursdays 12:45-1:45pm

Build your strength, increase range of motion and flexibility at a pace that is comfortable with you. To register for the classes please call the Cameron at 978.692.5523 to request an application which must be completed (with physician's approval). Class space is limited. If you have any questions, please call Maureen Thibodeau at 978.692.7634. **We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center.**



STRENGTHEN YOUR IMMUNE SYSTEM WITH MINDFUL MOVEMENT

8 weeks beginning January 10

Tuesdays, 9-10am: Beginner Class

10-11am: Advanced Class

Mindful Movement offers gentle physical activity to help move blood and oxygen around the body, nourishing the organs and tissues, promoting healing and strengthening the immune system. In addition, due to the in-the-moment connection of the mind to the breath and physical movements, Mindful Movement helps to calm the mind, relieving stress and anxiety. The instructor for this 8-week session is Ray Caisse from Cultivating Qi in Westford, MA. **Cost for Westford residents is \$24 for one class time per session, and \$30 for both classes. Others pay \$40 per session. Sign up at 978.692.5523.**



CHAIR MOVEMENT CLASS WITH CAROL WING

Tuesdays beginning January 3 10:15am

Thursdays beginning January 5 10:15am

8 weeks

Cost: Westford residents for 8 weeks for 1 day a week is \$24 and for both Tuesday and Thursday classes the cost is \$30. Non-resident's cost \$40. Sign up at 978.692.5523.



JOIN CAROL WING FOR ZUMBA CLASS

Tuesdays beginning January 3, 9:15am

Thursdays beginning January 5, 9:15am

8 weeks

Cost: Westford residents for 8 weeks for 1 day a week is \$24 and for both Tuesday and Thursday Classes is \$30 and non-resident's cost \$40. Sign up at 978.692.5523.



WELL-BEING GROUP CONDITIONING

TWO SESSIONS PER WEEK

Tuesdays & Thursdays at 10am

Eight weeks beginning January 3

Class Location: Well-Being Fitness Gym at Cornerstone Plaza located at 203B Littleton Road, Westford. (next to Eastern Bank) A full body conditioning class focusing on core stability, including elements of pliability, strength training, plyometrics, and cardiovascular fitness. Burn, strengthen, and engage! Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$80 and non-residents- \$96. Please note that the class fee has increased due to off-site location/instruction and depletion of COVID grant funding. If you would like to participate in this class and you have a financial hardship please see our social service staff for financial scholarship.



WELL-BEING GROUP CONDITIONING

ONE SESSION PER WEEK

Wednesday at 9am

Eight weeks beginning January 4

Class Location: Well-Being Fitness Gym at Cornerstone Plaza.

Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$50 and non-residents- \$77

GENTLE YOGA

Wednesdays at 11am

Eight weeks beginning January 4

Join Meghan Kwartler from Well Being Fitness and Yoga for Gentle Flow Yoga- Experience freedom in your mind and body with this gentle yoga class. Cultivate mobility in your hips and shoulders while improving balance. Feel the calming quality of your breath. Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$48 and non-residents- \$64



Health Screenings and Information

DEMENTIA CAREGIVER SUPPORT GROUP

Tuesdays, January 24 and February 28, 6pm

Joanne Fontaine, RN and Lisa Sobhian, LICSW have been co-facilitating a support group for many years with the Alzheimer's Association. Joanne is a Geriatric Care Manager, owner of Pro-Active Eldercare. Lisa is an Alzheimer's Specialist and is currently the Director of Dementia Services and Social Services at D'Youville Life & Wellness Community. The group will meet at Cameron. Before attending your first meeting, please call Lisa at 978.808.4246.

WESTFORD HEALTH DEPARTMENT OFFERS: BLOOD PRESSURE & MORE AT THE CAMERON

Tuesdays, January 10 and February 14 at 9 am

Health screenings including blood pressure reading, weight check, medication review, and an opportunity to discuss other concerns with our favorite Town Nurse, **Gail Johnson**. No appointment necessary

HEARING SCREENING

Mondays, January 9 and February 13 at 9:30 am

Dr. Megan Ford from HearSmart Audiology of Littleton will provide hearing screening. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978.692.5509.

KICKOFF TO A NEW HEALTH SERIES

Tuesdays, January 10 and February 14, 4:30 pm

We are pleased to announce a FREE monthly series with professional speakers from local medical sites. These sessions will be held at the Cameron on the second Tuesday of every month at 4:30. Mark your calendar for the first one on January 10 when Audiologist Adelia Witt, from Emerson Hospital will be here to discuss aging and hearing issues. There will be opportunity to ask questions. In February, Peggy, a retired mental health nurse, will open dialogue about the delicate balance of aging and the use of medications and other substances. Please sign up at 978.692.5523 to participate in either program

HEALING CIRCLES SURVEY

Please take a moment to respond

Susanne Duato, a previous presenter at our center, has been trained to be a facilitator for Racial Healing Circles. These circles of people come together to share individual truths, history and stories. A healing circle's purpose is to reaffirm the humanity in all of us and it lifts up what unites us rather than what divides us; while discovering, respecting and honoring the unique experiences of each person. These circles are safe havens for sharing and carefully challenging discrimination. Healing Circles can focus on topics such as racism, ageism, disability/ illness, sexism, etc. If you would participate in a healing circle for a few weeks please call the front desk to sign up and share what topic you would be interested in exploring. If there is enough interest we will start a Healing Circle in early spring. 978.692.5523.

TOWN OF WESTFORD MOBILE CLINICIAN

How does the Westford Mobile Clinician work?

If you, a loved one or fellow community member are experiencing a mental health challenge and are currently awaiting care, Westford may be able to help. The Town of Westford acknowledges an overwhelming need for mental health appointments, resulting in long waitlists. We want to help shorten this wait time by offering short-term mobile clinical services in Town buildings as a bridge to longer-term treatment.

Am I eligible to receive Westford Mobile Clinician services?

Following an initial intake interview, you will be informed whether your situation is a good fit for the service and we will assist with alternatives as needed.

What is the cost to me? Will my insurance be charged?

Services are provided free of charge. Your health insurance will not be charged for this service.

What is the frequency of treatment being offered?

Clinician will determine the number and frequency of sessions following the initial appointment, but generally up to 8 sessions, as needed. Determining factors may include nature of the mental health issue; length of time estimated for private therapy to begin; and/ the client's response to therapy. Specifics will be discussed at the intake screening visit.

Who do I contact to complete an intake?

Nicole Laviolette, Town of Westford Community Wellness Coordinator 978.399.2503 or Alison Christopher, Town of Westford Social Worker 978.399.2325

HEALTH INSURANCE RESOURCES

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?

SHINE (Serving Health Insurance Needs of Everyone) CAN

HELP! Mondays, January 9 and February 13 by

appointment. Medicare health and drug plans can make changes each year: Things like cost, coverage, and what providers and pharmacies are in their networks. The SHINE (Serving the Health Insurance Needs of Everyone) Program can help you determine the best plan for you through individual meetings with a trained SHINE Counselor. To schedule an appointment with [Fred Baumert, our SHINE Counselor \(and Westford resident\)](#) contact the Cameron Senior Center Front Desk at 978.692.5523. Appointments are typically 45 minutes.

MEDICARE OR MEDIGAP QUESTIONS?

Monday, January 9 12:00

Heather Hurd from BC/BS will be here, in the lobby, to answer your questions and assist you with issues. We are very fortunate to have this service!

DINING AND HEALTHY FOOD OPTIONS

Dining Options

RESTAURANT REVIEW

Be sure to mark your calendars for our next outings on **Wednesdays, January 25 at 11:30 am** at The Establishment, 75 Princeton St, N Chelmsford and **February 22 at 11:30 am** at Asian Plus Noodles & Rice, 313 Littleton Rd, Westford. Please pre register at 978.692.5523 so we can call the restaurant with a head count for adequate seating. When you arrive, please check in under "Westford Senior Center". Bon Appétit.



BIRTHDAY CELEBRATION

Wednesday, January 18 at 12 pm Meatloaf and Mac n Cheese

Wednesday, February 15 at 12 pm Stuffed Chicken

Enjoy a birthday dessert after lunch as we celebrate our birthday celebrants with a robust round of Happy Birthday singing. Cost: \$5 and Birthday celebrant lunch is free. To register please call 978.692.5523. Students of Nashoba Tech Culinary Arts Program "The Elegant Chef" will prepare the lunch and cupcakes.



MEN'S BREAKFAST

You cannot beat this breakfast made by our favorite chefs: **Marcel Lacombe, Bob Benoit, John Lasna, and Dave Anderson** who prepare eggs, sausage, bacon, and potatoes with sides that include toast, fresh pastries and fruit salad. If you have any suggestions for upcoming speakers, please speak with **Ken Hyle**.

Monday, January 9 at 8 am Learn how to support a neighbor, friend, loved one with QPR (Question, Persuade, Refer) Suicide Prevention Training.

Monday, February 13 at 8 am Hal Schriber, our Amazing Tax Guy, will talk about how to prepare for this upcoming Tax Season. **Cost is \$4.00.**

RSVP to 978.692.5523

[Special thanks to the Friends of the Cameron for their financial sponsorship of this event.](#)

WOMEN'S LUNCH / BREAKFAST

We are shaking up the Women's event by having a lunch one month and a breakfast the next month. Cost: \$4 and don't forget to RSVP to 978.692.5523

Wednesday, January 11, 8am

Hal Schriber, our Amazing Tax Guy, will talk about how to prepare for the upcoming Tax Season.

Wednesday, February 8 at 12pm

Join us for guest Lynne Stader, who will show a slide presentation, Changing Roles of Women in the Military: Then and Now! Jackie Russell will prepare a taco bar for lunch.

[Special thanks to the Friends of the Cameron for their financial sponsorship of this event.](#)

Healthy Food Options

WESTFORD FOOD PANTRY

The Westford Community Food Pantry, located on the first floor of the Cameron, is staffed by volunteers.

FOOD PANTRY HOURS:

- **Wednesday Evenings from 6 to 8 pm**

January 4, 11, 18, 25

February 1, 8, 15, 22

- **Friday Mornings from 9 to 11 am**

January 6, 13, 20, 27

February 3, 10, 17, 24

For more information, or to donate, check their website at

www.westfordfoodpantry.org

WHOLE FOODS/ TRADER JOE'S DISTRIBUTION

Mondays and Thursdays at 1:30 pm

Open to all residents 55+. Sign in at the front desk each day that you want to participate.



SNAP – Supplemental Nutrition Assistance Program

Do you need help buying groceries? If your monthly income (household of 1) is less than \$2,265 or (household of 2) is less than \$3,052, you may be eligible for a monthly benefit toward groceries. For more information, call Annette at 978.399.2326 or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

DEMENTIA CARE CONSULTATION & SUPPORT

SERVICES	MISSION
Family Consults <ul style="list-style-type: none"> - General Support & Coaching - Behavior Management Strategizing - Home Safety Assistance - Advance Care & End of Life Education - Goal Creation - Activity & Engagement Planning - Resources & Referrals 	<p>The mission of Purple Hydrangea is to better equip dementia caregivers with the tools that they need to feel supported, knowledgeable, and confident in their role.</p>
ABOUT	
Live & Online Learning <ul style="list-style-type: none"> - Caregiver Stress & Self Care - Resources for Seniors & Caregivers - Brain Basics - Introduction to Dementia - Forms & Stages of Dementia - Sensory Changes in Dementia - Communication in Dementia - Dementia Behaviors & Challenges - Respecting Resistance & Refusals in Dementia - Activities & Engagement in Dementia 	<p>Olivia is a Certified Dementia Practitioner and Certified Montessori Dementia Care Professional and has worked in the dementia field since 2013. She has experience in case management, staff education, support group facilitation, and memory care leadership. Her purpose is to support those living with dementia and their caregivers.</p>
Purple Circle Membership <ul style="list-style-type: none"> - Exclusive Educational Content - Dementia Video Library - Webinar Recordings 	<p>GET IN TOUCH</p> <p>purplehydrangeadementiacare@gmail.com https://lnkd.in.g/purplehydrangea</p>

SOCIAL SERVICES AND OUTREACH NEWS

Outreach

OUTREACH

With winter upon us we ask that you look out for senior neighbors. If you have any concerns about an elder, please don't hesitate to contact social services. If you are struggling with heating bills and your household income for one is below \$42,411 you may be eligible for fuel assistance. Even though it's cold out, try not to isolate and join us for enjoyable programs; there are lots to choose from. Keep warm and keep connected. To contact the Outreach department, call 978.399.2326.

GRIEF SUPPORT GROUP – for people 55+

Thursdays, January 12 and 26, February 9 and 23, 4pm

While grief can impact individuals in different ways, connecting with others to share stories, experiences, and receive/offer support can help with the grieving process. Please join us if you have suffered a loss and are seeking a safe place to express your feelings, to feel heard, to learn about the grieving process and to obtain helpful coping materials and resources. These "drop in" groups are offered on the **2nd and 4th Thursday of every month at 4:00** here at the Cameron. *Please call to speak with Annette prior to your first visit.* There is no fee and no required attendance. Call Annette at 978.692.5523.

MOVIE SHOWINGS

THURSDAYS, January 19 and February 16, 4:30 pm

Join us in January for the new comedy **Jerry & Marge Go Large** starring Bryan Cranston and Annette Benning. February's movie is the heart warming, best picture **CODA** (child of deaf adult). Just \$4.00 for a movie, popcorn, refreshments and light meal. Please call to sign up 3 days prior at 978.692.5523. **Thank you to the Friends of the Cameron for subsidizing costs.**

BOOK CLUB

Tuesdays, January 17 and February 21 at 2 pm

Are you a reader who likes to talk about books? Join us in our cozy library for our January gathering to discuss the inspiring true story, **The Elephant Whisperer** by Lawrence Anthony and in February the popular fiction story, **The Memory House** by Rachel Hauck. You can get a book from us at the senior center or try on line i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978-399-2326

VOLUNTEERS TO AID SENIORS

Occasionally the social services department gets requests from local seniors who have a short term need of assistance typically due to a health issue. We are seeking dedicated volunteers to assist these folks with home tasks -taking in/out trash barrels, shoveling, sewing, visiting homebound, and occasional grocery shopping. If you are compassionate and reliable please consider offering your services to help those in need. Please call Annette or Jen at 978.399.2326 to complete a volunteer application.

DID YOU KNOW?

988 = the Suicide & Crisis Lifeline. You can call, text or chat 988 to be connected to trained counselors. This lifeline provides free and confidential emotional support to people in suicidal or emotional distress 24 hours a day, 7 days a week across the United States. Numerous studies have shown that callers are significantly less depressed, suicidal, and overwhelmed after speaking to a Lifeline counselor. 98% of callers get the crisis support they need and do not require additional services in that moment. For additional information go to this helpful website,

www.988lifeline.org

Social and Enrichment Activities

THE UPBEATS

Are you an experienced at playing an instrument? Our house band, the UPBEATS, practices each Thursday Morning at 10am. Bring your instrument play with this talented group of musicians.

MUSIC MAKERS

Come one! Come all! Come and sing with the Music Makers on Fridays at 9am. We hope to welcome returning singers, as well as folks who would like to enjoy a musical morning. Tom Boyer will be back to lead the effort. We hope to see you then.

Social Fitness Activities

PING PONG

Mondays and Tuesdays at 2pm, Fridays at 9:30am

Come join our group of avid ping pong players, varying in skill from beginners to advanced. It is a fun group of people who really enjoy ping pong and one another. If you would like to participate, RSVP by calling 978.692.5523 so we know how many tables to set up.

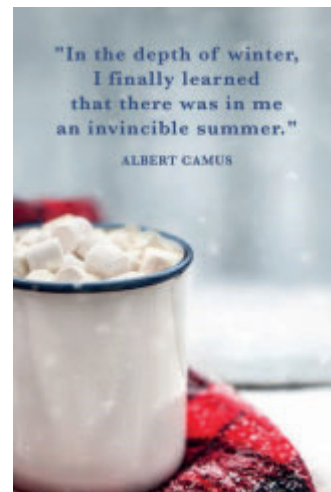


WESTFORD SENIOR 8-BALL TOURNAMENT

Thursday, January 5, 2023 at 10 am sharp at the

Cameron (snow date: 1/12) Eligibility: Age 62+ Double Elimination Tournament, Maximum 16 players

Arrive at least 15 minutes early to hear rules and procedures. Winner receives trophy and name on the wall for the year. No entry Fee. To register contact Peter Cina at 978-289-9561. Provide your name and phone number.



Housing and Independent Living Resources

AVOID SCAMS

We have been informed of multiple scammers targeting seniors over the phone. Scammers may pose as a family member in trouble, an employee from your bank, Social Security or the IRS. NEVER give out your personal information to anyone who calls you. Any requests for gift cards or wiring money are major **RED FLAGS**. Hang up, call your family and/or the police to verify whether it's a scam. Protect yourself!

FUEL ASSISTANCE SEASON

If you are struggling financially and have concerns about heating your house this winter, please call Alison 978.399.2325 or Annette/Jen 978.399.2326 and ask about eligibility and applying for LIHEAP-Low-Income Home Energy Assistance Program. The **ARPA Additional Household Assistance Program** could also be helpful with heat/utility bills if you qualify. We also have the Friends of Cameron Emergency Fund and other local charities who may be able to assist. Please inquire with social services if you are struggling with increased costs.

ARPA HOUSEHOLD ASSISTANCE FUNDS

We continue to have ARPA funding available through the town to assist financially qualified households with mortgage/rent/utility payments. The funding is limited, and applications are taken on a first come first served basis. If you have questions about the program or want to apply, call Alison at 978.399.2325

PROPERTY TAX EXEMPTIONS – Are you eligible?

The town of Westford has several property tax exemptions for residents: low income, blind, disabled, veterans and more. You may be eligible for a tax break and if you are interested in learning more about your options you can call the Assessor's office at 978.692.5504 or call Annette to review them at 978.399.2326.

SAND BUCKETS

If you need a free bucket of sand to be delivered to your home for the coming winter months, please call 978.692.5523 to get on a list. Much thanks to our local police department for providing this service.

ELECTRICITY COST

Westford residents enrolled in Westford Power Options Program (Westford POP) will not be impacted by the rate hike recently announced by National Grid. Westford, which is under contract with electricity supplier Constellation, offers program rates that are fixed and will not change through **December 2023**. The vast majority of Westford households participate in the Westford POP program. If you aren't sure, call Annette at 978.399.2326.

SNOW REMOVAL

As the colder weather approaches, we all begin to think about preparing for the winter. Many folks ask if we know of people who can help with snow removal. Unfortunately, this is one of the hardest needs to find volunteer services for. There are several companies in the area that provide snowplow services and we create a list every year with their contact information however we do not endorse any one over another. A list can be emailed to you or picked up at the center. Other options are to check with your church, the local classifieds, and your neighbors. If you would like to discuss this further, please call Annette at 978.399.2326.

Community Resources



SIT WITH YOUR STATE SENATOR

Thursdays, January 19 and February 16, 1:30-3pm

The Cameron is pleased to offer office hours with a representative from State Senator John J. Cronin's office, on the third Thursday of each month. Please feel free to ask questions, express your concerns, or just come and introduce yourself! State Senator Cronin represents Worcester and Middlesex Counties.

VETERANS SERVICES

Westford Veterans Agent, Ryan Cobleigh, is available to assist with benefits and/or other needed services or information. To speak with Ryan, please call 978.392.1170 or visit <http://westfordma.gov/veterans>

VET 2 VET

With retired veteran's agent and resident Terry Stader

Tuesdays, January 10 and February 14 at 11am

Are you a veteran who has questions and would like to talk to another veteran? Sign up with for a one on one appointment at 978.692.5523.

DONUTS WITH DETECTIVE NICOLETTI

Thursdays, January 12 and February 9 at 11am

Donuts with Detective Nicoletti-Come enjoy some morning treats while you chat with our very own Elder Services Officer. You don't need to have a legal issue to discuss. She is open and interested in hearing from you about what is going on with the seniors and any education you'd like her to provide.

ASK THE LAWYER

Tuesday, March 7 beginning at 9:30am

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Appointments are 20 minutes each. Please call 978.692.5523 to reserve a timeslot.

FREE PIANO LESSONS

Thursday evenings

Meaghan Lu, a Westford Academy Student who is passionate about music, is volunteering her time on Thursday nights to provide piano lessons. Call 978.727.7396 to set up a lesson time.

ASK THE REALTOR

With Kathy Cunningham of Coldwell Banker, Westford

Mondays, January 9 and February 13 at 11am

Call 978.692.5523 to schedule an appointment to speak with local realtor Kathy Cunningham about your personal real estate questions.

WIG BOUTIQUE

Owner-Deborah Hall- Wig stylist

New England Hair Illusions is a unique boutique specializing in Wigs, Toppers, Extensions, Turbans, hats and related items. The experienced and caring staff will guide you through the selection process in a very private and professional atmosphere. For more information, call 978-649-7228 or 603-770-0594 or check their website newenglandhairillusions.com *We are looking forward to having Deborah do an upcoming program at the Cameron.*

Cameron Center Transportation Department

Serving Westford's residents aged 55 and up and people with disabilities of all ages. We provide local van trips for medical appointments, shopping, and social events. Rides to Emerson Hospital, Nashoba Valley Medical Center, Lowell General Hospital, and other local medical offices, shops, Town Meetings, activities, and events within our operating area of **Westford, Chelmsford, Littleton, Groton, Carlisle, Ayer, Acton, Concord, and Lowell.** We offer weekly trips to Westford Market Basket on Tuesdays, and weekly BINGO rides on Monday and Friday.

If you need transportation for a Cameron-sponsored event, just let the front desk know when you register—there's no need to also call Transportation!

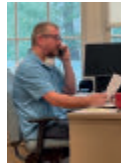
TO OUR VALUED RIDERS:

As most of you are aware, over the past few months our Transportation service has almost doubled provided rides. We want to continue to offer the great service you are all accustomed to, but to do that, we need our riders to review the Transportation policies we have in place. In the past, we have had the luxury of being able to wait a little longer and sometimes make an extra stop. At this time, we are not able to do this. Demand for our service has grown and continues to grow. Please review the policies listed below:

To schedule a ride:

- 1) **Call:** Transportation at the Cameron 978-399-2322 at least 48 hours before you need transport. The earlier we have your information the better. Have ready your pick-up address, your phone number, your destination, Doctor's name and number (if necessary), return time and return address. **(If it is for a doctors appointment please ask the doctors office how long the appointment is.)**
- 2) **Notation:** Please write down the time of your pick-up and return for your own records.
- 3) **Departure time:** Be ready **15 minutes prior** to your appointed time -- the van driver should not need to go to your door to let you know he/she has arrived. Exceptions will be made to those people requiring special assistance.
- 4) **Pick up Time:** The van can occasionally arrive up to 15 minutes prior to your scheduled pick up time. On that note, we can arrive up to 15 minutes past your scheduled pick up time. If we are running that late, someone from Transportation will call you and make you aware we are running late.
- 5) **Fees:** The suggested donation for van services are \$3.00 round-trip in Westford, \$6.00 round-trip to any town that "touches" Westford, and \$8.00 round-trip to regional towns including Ayer, Concord, and Lowell
- 6) **Cancellations:** If you decide not to use the van, you must notify the Center.

Medical rides are our highest priority: we try to accommodate everyone, but occasionally we cannot oblige your appointment. We schedule up to one month ahead so please don't wait to call for an appointment. Again, we apologize that we cannot provide the same services that we have in the past but our capacity remains the same as our demand for services increases. We appreciate your understanding.



OPEN ART STUDIO

Tuesdays 1pm – 3pm

Would you enjoy some company while you work on your projects? If so, Open Art Studio may just be the place for you. Drop-ins are always welcome.



SEWING & QUILTING CLUBS

Mondays 10am – 1pm and

Tuesdays 9am – 11am

Please come in and enjoy a working on your quilting and sewing projects with many other friendly and like-minded crafters. It's fun to see the different projects that people are working on. Share project tips and enjoy some creative company!



KNITTING AND CROCHETING

Wednesdays, 1:30-3:00

The Friends of the Cameron Senior Center is sponsoring a knitting/crochet "let's have a chat" group. Please feel free to drop by!. We will be meeting in the lobby at the senior center. If you want to learn, share a pattern, work on a project or have a cup of tea, we would love to see you. Everyone is welcome!



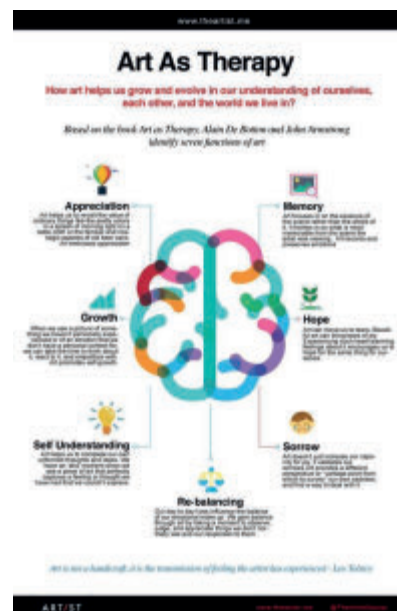
BASIC WATERCOLOR PAINTING

WITH PAULA MINGOLELLI

6 weeks beginning January 19


Thursdays from 1pm-3pm

This teacher demonstration class will give students the opportunity to work along with the instructor from start to finish on all paintings. Students will work on developing their drawing skills, composition, layering, glazing and more. Paula will provide one on one guidance during each session. This class does require a basic knowledge of working in watercolor. Class size is limited. Cost: \$90 for Westford residents and \$110 for others. Please request watercolor supply list once you pay for the class. **A special thanks to the Friends of the Cameron for helping to subsidize this class.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Center Closed Happy New Year! 	3 9:00 Quilting 9:15 ZUMBA 10:10 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	4 9:30 Bone Builders 11:00 Gentle Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	5 9:15 ZUMBA 10:00 8-Ball Tournament 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:30 Whole Foods/TJs 2:30 Bridge 4:30 Game Night	6 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
9 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Sewing 11:00 Ask the Realtor 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	10 9:00 Quilting 9:00 Mindful Movement 9:00 Blood Pressure 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 11:00 Vet to Vet 12:00 Welcome 2023 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:30 Hearing and Aging	11 8:00 Women's Bkfest 9:30 Bone Builders 11:00 Gentle Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	12 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 11:00 Ask the Detective 11:00 New Year New-Cam 12:30 Hand and Foot 12:45 Bone Builders 1:30 Whole Foods/TJs 2:30 Bridge 4:00 Grief Support	13 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong
16 Center Closed 	17 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 2:00 Book Club 4:30 Paint and Sip	18 9:30 Bone Builders 11:00 Gentle Yoga 12:00 Birthday Lunch 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	19 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolors 1:30 Whole Foods/TJs 1:30 Sen Office Hrs 2:30 Bridge 4:30 Movie Night	20 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
23 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	24 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 6:00 Dementia Caregiver	25 9:30 Bone Builders 11:00 Gentle Yoga 11:30 Restaurant Rev 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	26 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolors 1:30 Whole Foods/TJs 2:30 Bridge 4:00 Grief Support	27 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:30 Meet the Music Makers
30 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	31 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong			JANUARY 2023

Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3
 Fitness Center also open Tuesdays and Thursdays until 7:30PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
FEBRUARY 2022		1 9:30 Bone Builders 11:00 Gentle Yoga 12:00 Lunch and Learn 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	2 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolors 1:30 Whole Foods/TJs 2:30 Bridge 4:30 Game Night	3 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO	
	6 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	7 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	8 9:30 Bone Builders 11:00 Gentle Yoga 12:00 Women's Lunch 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	9 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 11:00 Ask the Detective 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolors 1:30 Whole Foods/TJs 2:30 Bridge 4:00 Grief Support	10 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 Valentine Luncheon
	13 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Sewing 11:00 Ask the Realtor 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	14 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 9:00 Blood Pressure 10:00 Adv Mind Mvmt 10:10 Chair Movement 11:00 Vet to Vet 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:30 Medication and Aging	15 9:30 Bone Builders 11:00 Gentle Yoga 12:00 Birthday Lunch 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	16 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolors 1:30 Whole Foods/TJs 1:30 Sen Office Hrs 2:30 Bridge 4:30 Movie Night	17 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
	20 Center Closed President's Day 	21 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 2:00 Book Club	22 9:30 Bone Builders 11:00 Gentle Yoga 11:30 Restaurant Rev 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	23 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolors 1:30 Whole Foods/TJs 2:30 Bridge 4:00 Grief Support	24 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong
	27 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods/TJs 2:00 Ping Pong	28 9:00 Quilting 9:15 ZUMBA 10:10 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 5:00 Dinner with Donna 6:00 Dementia Caregiver			

Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3
 Fitness Center Open Tuesdays and Thursdays until 7:30PM

Friends Corner

On behalf of the Friends of the Cameron Senior Center, I want to thank everyone who came to the Holiday Bazaar on December 7. Your support helps the Friends to continue a mission of fundraising and assisting qualified seniors with emergency financial assistance for food, housing, utilities, medical services, and transportation. A huge shout out to all the volunteers who donated their time with everything from baking, publicity, promotion, set up, take down, raffles, along with making and donating holiday items. Thank you to our vendors, for taking time out of their busy holiday schedules to be with us, Alan Jones, Wood Working, Cameron Sewing Group, Deborah Hall, Wig Boutique, Dorothy Distler, Lavender Garden Soaps and Scents, Friends of the Cameron, Handmade Holiday Items, Friends of the Cameron Trudy's, Jewelry and Assorted Holiday Items, Inge Berry, Cameron Quilters, Karen Hensen, Juuva Transforming Products, Lisa Hertal, Cards and Small Gift Items, Maria Mara, Vozzi's Bags, Megan McIntire, Mary Kay Products, Meridith Perry, Plants, Shirley Smith, Pure Haven Health products. Look for our new Facebook page Friends of the Cameron Senior Center for updated information and events

Pat Reppucci, President, Friends of the Cameron <https://westfordmafriendsofcameron.com/> Pat Reppucci President, Friends

Friends' website <https://westfordmafriendsofcameron.com/>



Games

MONDAY BINGO

Mondays at 1pm

Join us at the Cameron for BINGO Fun!



FRIDAY BINGO

Friday BINGO games start at 1pm. **We will host BINGO on January 6, January 20, February 3, and February 17.**

BINGO supplies can be purchased—Colored Dobber- \$1.00 and \$3.00 BINGO sheet which includes 3 BINGO boards

BINGO FRIDAY LUNCHES

If you're interested in having lunch before BINGO, register for any or all of the following lunches prepared by BINGO chef Mike Dyer. Lunch is served beginning at 12:00

Friday January 6th at 12pm Hot Dogs & Hamburgers

Friday January 20th at 12pm Pasta

Friday February 3rd at 12pm Hot Dogs & Hamburgers

Friday February 17th at 12pm English Muffin Pizza

Pre-BINGO lunch is \$3. You must RSVP for lunch by calling 978.692.5523. For any questions about BINGO call your program coordinator, Katie Russell at 978.399.2330.

Special thanks to the Friends of the Cameron for their financial sponsorship of this event

CARDS AT THE CAMERON

Please register at the front desk for selected game(s). If there is a cancellation, we will notify you by phone.

CRIBBAGE— Wednesdays at 12:30pm

HAND AND FOOT (Canasta) - Thursdays at 12:30pm

BRIDGE - Thursdays at 2:30pm



Would you like to help out at the Cameron? Come join our group of dedicated volunteers! Call Katie at 978-399-2330 for more information



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TECHNOLOGY HELP**Tuesday Afternoons from 2-4pm**

Do you have any questions regarding technology? Ask Ezra Robinson, a student at Westford Academy. Office hours will be every Tuesday from 2-4 at the Cameron. Please call to set up an appointment at 978.692.5523.

**NEW YEAR, NEW CAMERON SENIOR CENTER****Thursday, January 12, 11am**

Join Katie in the library to discuss program and trips ideas you would like to have here at the Cameron. This is your center—we want our programming to reflect your wishes!

**How to Get Your Cameron News**

- If you are age 70 or older the Cameron monthly newsletter will automatically be mailed to you free of charge. If you would like to know more, please contact Martha at 978.399.2324
- If you prefer receiving a newsletter via email, please call Martha at 978-399-2324
- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at facebook.com/CameronSeniorCenter/

COUNCIL ON AGING STAFF

Jennifer Claro, Director of Council on Aging
 Alison Christopher, LICSW / Social Worker
 Annette Cerullo, LSW /Outreach Coordinator
 Jen Beale, Elder Outreach
 Claire France, Records Supervisor
 Robert Rafferty, Transportation Dispatch
 Christopher Mitchell, Maintenance Supervisor
 Al Jones, Maintenance
 Edna MacNeil, Front Desk
 Katherine Russell, Senior Assistant
 Martha Brockway, Senior Assistant
 Margaret Siegel, Registrar
 Karen Heitkamp, Night Supervisor
 Bob Benoit, Van Driver
 Paul Davis, Van Driver
 Steve Ducharme, Van Driver
 Bob France, Van Driver
 Ed Jarvis, Van Driver
 John Lasna, Van Driver
 Lisa Nee, Van Driver

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 Nancy Cook, Chair
 Robert Tierney, Vice Chair
 Kathryn Wilson, Clerk
 Sandra Collins
 Patricia Holmes
 Terry Stader
 Barbara Upperman

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 Katharine Karr, Secretary
 Gail Austin
 Dennis Smith
 Lynne Stader
 Barbara Tonucci
 William Vullo

BOARD MEETINGS

COA Board-Jan 18 and Feb 15 at 4pm
Friends Board—Jan 19 and Feb 16 at 10am

OUR MISSION: The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.

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www.westfordma.gov/coa

<https://www.facebook.com/CameronSeniorCenter/>



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Nancy Allam
 M 978.505.8865
nancy.allam@compass.com

Wendy Crandall
 M 617.359.5969
wendy.crandall@compass.com

Income Tax Help

Our COA must require that you complete Form 13614C before meeting with Hal Schreiber to have your tax returns prepared. If you are dropping off your tax returns for Hal to prepare, you must complete Form 1446 and 13614-C. These forms are mandatory to ensure that our tax preparation service is in compliance with IRS regulations. Finally, prior to meeting with Tax Return Preparer or dropping off your taxes, our COA staff will need to see your identification, even if you are known to us. We must see your driver's license, other government issued ID card, or your passport, for the taxpayer and spouse. We must also see Social Security cards for taxpayer and spouse. We must document our compliance with this IRS requirement. If we do not comply, we are in danger of losing our ability to provide this service. Thank you for your understanding.

Hal Schreiber, our volunteer tax expert, will be back this year to complete 2022 federal and state income tax returns. This is a free service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978.692.5523 to add your name, address, and telephone number to the list for having your tax return prepared. Hal has all the federal and state tax forms that are needed to be filled out – do not bring any blank forms or instructions with you.

Information Needed for Preparing Your Tax Return:

Your 2021 federal and state tax return if it was not prepared at the Westford Senior Center.

Form MA 1099-HC and IRS Form 1095-B. The health insurance information from these forms must be entered on your Massachusetts tax return.

Form 1095-A (you receive this form if you received the advanced health insurance premium tax credit). Your return will be rejected and the IRS will demand the entire credit be returned if the information from this form is not entered on your federal tax return.

W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc), Schedule K-1s, 1098s, etc

The amount and date of any federal and state estimated tax payments you made for 2022.

If you pay rent for your main residence, bring the total amount you paid in calendar year 2022 (some or all is deductible on your Massachusetts tax return).

For real property not located in Westford – total the property tax bills that you paid in calendar year 2022 (do not include any late payment fees, demand notice fees, or interest charges).

If your main residence is not located in Westford and if you or your spouse is age 65 or older – total the water/sewer bills that you paid in calendar year 2022 (do not include any fees or interest due to late payment).

Car, boat, personal property excise tax bills – total the bills that you paid in calendar year 2022 (do not include any fees or interest due to late payment).

If you sold any stock or bonds – the date you bought the stock or bond and the amount you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

If you have any mutual funds – any information provided by the mutual fund concerning how much of the dividends are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares – the date and what you paid for the shares (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

Medical and Dental expenses – total your co-pays and deductibles for all your drugs (prescription and over-the counter), doctor, dentist, hospital visits, etc. Include hearing aides, eyeglasses, etc. Add up the car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, and Medicare premiums separately since they need to be reported separately (do not add them together).

Charitable contributions. – total your cash/check/credit card contributions (do not include any political or election campaign contributions). For property contributions – in general terms (clothing, household goods, furniture, etc), what was contributed; the date of the contribution; estimated fair market value of the property; and the name and address of the charity receiving the property. If you donated a car, it is very important that you bring the paperwork/form you received from the charity.





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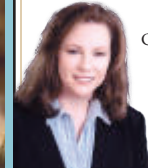
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BRAIN GAMES

Answer to Sudoku

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1	7	8	3	5	2	9	4	6
9	2	5	6	4	1	7	3	8
6	3	4	7	2	8	5	1	9
8	5	7	1	3	9	4	6	2
2	1	9	4	6	5	8	7	3
7	4	6	8	9	3	2	5	1
3	9	2	5	1	4	6	8	7
5	8	1	2	7	6	3	9	4

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

9		1					3	7
5								
	7							6
7		2		9				3
		3				4		
	1							
							6	9
	5		1				2	
	2	4		7	9	3	1	

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DIFFICULTY: ★☆☆☆☆

ENIGMA™ CRYPTOGRAM

“TXN JCANMT, MXJUTNMT SJUAM –
‘INM’ VZA ‘ZJ’ – VUN TXJMN SXBEX
UNROBUN TXN LJMT TXJOYXT.”

– QITXVYJUV

PREVIOUS SOLUTION: “Early morning hath gold in its mouth.” – Benjamin Franklin

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E009

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: “S” = “W”

CROSSWORD PUZZLE

ACROSS

- 1 Arabic letter
- 4 Fr. priest
- 8 Barge
- 12 Kimono sash
- 13 Mayan year
- 14 Sayings (suf.)
- 15 E. Indian timber tree
- 16 Calm
- 18 Lop
- 20 Fr. artist
- 21 Month abbr.
- 23 Musical instrument (string)
- 27 Bonga (2 words)
- 32 Counsel
- 33 River (Sp.)
- 34 Of vision
- 36 Sheep disease
- 37 Fraction of a rupee
- 39 Kind of gypsum
- 41 Small anvil
- 43 Licensed practical nurse (abbr.)
- 44 Book of the Apocrypha
- 48 Growl
- 51 Pterides (2 words)
- 55 Amazon tributary
- 56 Polish border river
- 57 Melville's captain
- 58 Cut edge of coin
- 59 Jewish title of honor
- 60 Similar
- 61 Girl Scouts of America (abbr.)

DOWN

- 1 Tufted plant
- 2 Dayak people
- 3 Stele
- 4 Asian gazelle
- 5 Judges' bench
- 6 Pressure (pref.)
- 7 Ivory (Lat.)
- 8 Sieve
- 9 Rom. first day of the month
- 10 Unity
- 11 Gob
- 17 Pro
- 19 River into the North Sea
- 22 Palestine

ANSWER TO PREVIOUS PUZZLE

A	B	C	S	M	A	P	O	W	L
B	E	E	T	A	W	A	Y	H	A
S	E	R	A	N	O	N	S	E	N
A	B	I	E	L	T	R	E	T	
H	A	S	L	E	T	H	E	N	
E	N	T	E	R	D	A	R	D	B
A	S	E	L	A	B	I	T	I	
L	A	S	B	O	B	W	A	S	T
K	E	A	D	O	G	G	E	D	
A	C	E	A	J	O	K	E	R	
D	R	E	A	D	F	U	L	N	A
N	A	B	L	O	B	O	C	T	A
A	B	U	E	G	E	R	R	E	A

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15			16				17			
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